ONTARIO Trout

Ministry of Agriculture and Food
ONTARIO

Fresh Ontario trout is immensely appealing — its superb delicate taste, ease of preparation and high nutrient value are just some of the reasons.

Nutrition conscious consumers know that fish is an excellent source of complete protein. A 3½ oz. (98 g) serving of Ontario trout supplies about 40 percent of the daily protein requirement. Trout also contains considerable iron and B vitamins in each low-calorie, low-cholesterol serving. It's really an ideal food for today's healthy, active lifestyles!

Buying

Where to buy:

Ontario is one of Canada's biggest producers of farm-raised trout. You'll find Ontario farm-raised trout at local food retailers, farmers' markets and at the producers' farm gate.

Qualities to look for:

- Mild, pleasant odour; firm, moist flesh; bright, clear eyes; uniform flesh colour

Market forms of trout:

- Whole trout: entrails, gills, scales, head and tail present
- Whole dressed: entrails and gills removed
- Pan dressed: entrails, gills, scales, head and tail removed
- Fillets: fish removed from backbone; skin may be removed

Storing

- Fresh trout has a slippery protective skin coating. For easier handling, soak in a solution of salt and water for 30 minutes.
- Refrigerate: tightly wrap clean, eviscerated trout in an air-tight covering; use within 2 or 3 days.
- Freeze: wrap as above and store at 0°F (-18°C); use within 3 months.

Cooking

Follow this simple rule of thumb:

- Measure trout at thickest part. Cook 10 to 12 minutes for each inch (2.5 cm) of thickness; double time for frozen fish.
- Avoid overcooking trout. It has the best texture and flavour at the point where the flesh has just become opaque and flakes easily with a fork.

Trout *in Spicy Peanut-Ginger Sauce*

(featured on cover)

2	**whole dressed Ontario Trout (each 12 oz/350 g)**	**2**
¼ cup	**cornstarch**	**50 mL**
¼ cup	**vegetable oil**	**50 mL**
Sauce:		
1 tbsp	**cornstarch**	**15 mL**
2 tsp	**brown sugar**	**10 mL**
1 cup	**chicken stock**	**250 mL**
¼ cup	**chili sauce or ketchup**	**50mL**
2 tbsp	**dry sherry**	**25 mL**
1 tbsp	**soy sauce**	**15 mL**
2 tsp	**ground ginger**	**10 mL**
3	**green onions sliced diagonally ½ inch (6mm)**	**3**
1	**small red pepper, cut in strips**	**1**
1	**small green pepper, cut in strips**	**1**
1 tsp	**crushed dried red chilies**	**5 mL**
¼ cup	**peanuts, coarsely chopped**	**50 mL**

Wipe outside of fish and inside cavity with paper towels. Trim tail and fins with kitchen scissors, if desired. Dip trout in cornstarch, shaking off excess. Heat oil over medium-high heat in a large, heavy skillet; fry trout in hot oil 2 to 3 minutes each side. Remove and drain on paper towels. Place trout on serving platter and keep warm.

Reserve 2 tbsp (25 mL) of oil in the skillet. In a medium bowl, combine first 7 sauce ingredients; stir and set aside. In skillet, heat reserved oil over medium-high heat. Stir-fry vegetables and chilies for 1 to 2 minutes. Add chopped peanuts and continue to stir-fry 1 minute. Stir chicken stock mixture well and pour over vegetables. Bring to a boil. Reduce heat to simmer. Cook, stirring for 1 to 2 minutes. Spoon sauce over trout and garnish with green onion curls if desired. Makes 2 servings. *Preparation time: 35 minutes. Cooking time: 15 minutes.*

To make 4 servings: Double all ingredients in the recipe. Fry 4 trout, two at a time. Keep trout warm on 4 serving plates while preparing sauce. Pour over individual servings. Garnish and serve.

Mushroom and Wild Rice Stuffed **Trout**

½ cup	water	125 mL
1 tbsp	butter	15 mL
¼ cup	wild rice	50 mL
2 tbsp	butter	25 mL
2 tbsp	chopped onion	25 mL
¾ cup	chopped fresh spinach	175 mL
¾ cup	sliced mushrooms	175mL
1	small clove garlic, minced	1
¼ tsp	dried basil	1 mL
2	pan dressed Ontario Trout	2

In a small saucepan, bring water and 1 tbsp (15 mL) butter to a boil. Add wild rice, cover and simmer 30 minutes. While rice is cooking, prepare vegetables. In a small skillet, melt 1 tbsp (15 mL) of the butter over medium-high heat. Add the vegetables, garlic and basil, sauté 3 to 4 minutes or until all moisture evaporates. Remove from heat and stir in cooked, drained rice.

Wipe inside cavity of fish with paper towels. Carefully stuff cavity of trout with rice mixture and place in a foil-lined baking dish. Melt the remaining 1 tbsp (15 mL) of butter and pour over fish. Bake, uncovered, at 450°F (230°C) for 20 to 25 minutes. Note: allow 10 to 12 minutes per inch of *stuffed* thickness (4 to 5 minutes per cm). Makes 2 servings. *Preparation time: 35 minutes. Cooking time: 25 minutes.*

To microwave: Cook wild rice as instructed above. Cook prepared vegetables and basil in 2 tbsp (25 mL) butter at High 2 minutes. Stir in cooked rice. Stuff trout and place in baking dish just large enough to hold fish. Cook, covered, with vented plastic wrap at High 5 to 6 minutes. Let stand, covered, 3 to 5 minutes to complete the cooking. *Microwave cooking time: 10-13 minutes.*

Microwaving

Microwaving is especially suited to the high temperature and short time required for cooking trout.

- Always thaw trout completely to ensure even cooking.
- Cover fish with plastic wrap, but turn back one corner to allow venting.
- Cook at High for 5 to 6 minutes per lb (450 g) for one whole fish; increase time for a larger number of fish.
- Allow to stand 3 to 5 minutes to complete cooking.

Barbecued Dilled **Trout**

	foil for barbecuing or broiling	
4	whole dressed Ontario Trout (each 12 oz/350 g)	4
¼ cup	flour	50 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
¼ cup	butter	50 mL
Dill Sauce:		
2 tsp	Dijon mustard	10mL
¼ cup	lemon juice	50 mL
2 tbsp	fresh dill weed (OR 2 tsp/10 mL dried dill)	25 mL

For the barbecue, line grill with vented foil. For broiling, line broiling pan rack with foil. Combine sauce ingredients, stir well and set aside. Wipe outside of fish and inside cavity with paper towels. Trim tail and fins with kitchen scissors, if desired. Combine flour, salt and pepper. Dip trout in seasoned flour, shaking off excess. Place trout on prepared broiling pan or grill. Dot with butter. Broil 6 inches (15 cm) from heat 3 to 5 minutes. Turn fish. Spread evenly with the prepared sauce. Broil 3 to 5 minutes more or until brown and crispy. Serve on a hot platter, garnished with fresh cucumber slices and dill weed. Note: Cook fish 10 minutes per inch (2.5 cm) of thickness (4 to 5 minutes per cm). Makes 4 servings. *Preparation time: 20 minutes. Cooking time: 10 minutes.*

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Fresh **Trout** *Wraps*

4	Ontario Trout, filleted and skinned (each 4 oz/125 g)	4
½ tsp	each, salt and pepper	2 mL
4	wooden toothpicks	4
Vegetable Stuffing:		
½ cup	coarsely chopped greenhouse cucumber	125 mL
½ cup	coarsely chopped tomato	125 mL
¼ cup	fine bread crumbs	50 mL
2 tbsp	finely chopped onion	25 mL
1 tbsp	chopped fresh dill weed (OR 1 tsp/5 mL dried dill weed)	15 mL
2 tsp	lemon juice	10 mL

In a small mixing bowl, combine stuffing ingredients. Pat fillets dry. Sprinkle with salt and pepper. Divide stuffing among 4 fillets, roll up and secure with a toothpick. Butter a small baking dish and place fillets showing the filling side up. Bake, uncovered, at 400°F (200°C) for 25 minutes. Serve warm, or cold with yogourt and fresh cucumber slices. Makes 4 servings. *Preparation time: 30 minutes. Cooking time: 25 minutes.*

To microwave: Prepare and stuff fish as instructed above. Cover fish with vented plastic wrap. Cook at High 4 to 5 minutes. Let stand, covered, 5 minutes to complete cooking. *Microwave cooking time: 10 minutes.*

Filleting Trout

1. With a sharp filleting knife, cut through skin and flesh along the centre of the back to the backbone, from tail to head. Cut across the fish below the head.
2. Starting from the head end, run knife between bones and flesh removing flesh from bones in one piece.
3. Turn fish over and repeat as above.
4. To skin fillet, place skin side down, holding tail end. Run knife blade against inner side of skin under the flesh so no flesh is wasted.

Wine-Steamed **Trout** *in Foil*

	foil for baking	
1 tbsp	butter	15 mL
1	small onion, finely chopped	1
1	small carrot, cut in thin strips	1
1	celery stalk, cut in thin strips	1
1 tbsp	finely chopped fresh parsley (OR 2 tsp/10 mL dried parsley)	15 mL
¼ tsp	dried thyme	1 mL
1	bay leaf	1
¼ tsp	each, salt and pepper	1 mL
2	whole dressed Ontario Trout (each 12 oz/350 g)	2
½ cup	dry white wine	125 mL
Sauce:		
2 tsp	soft butter	10 mL
2 tsp	flour	10 mL
⅓ cup	light cream or milk	75 mL

Prepare a foil pouch for trout using 3 large sheets of foil on a baking sheet. Join 2 sheets together by forming a seam lengthwise. Fold seams over tightly to prevent any leakage. Lay the third sheet of foil over the seam.

Dot foil with 1 tbsp butter. Layer with vegetables, seasonings, then trout. Before adding wine, carefully bring edges of foil towards the centre, forming a pouch. Add the wine and seal pouch tightly by folding over edges. Place in a baking dish and bake 30 minutes in a 400°F (200°C) oven. Remove trout from oven, let cool slightly. Carefully lift trout onto a large serving platter. Reserve the cooking liquid and vegetables. Keep trout warm.

In a small saucepan, over medium heat, mix flour and butter together to form a paste. Add reserved cooking liquid, and vegetables, then cream. Stir constantly until sauce comes to a boil and is thickened. Pour sauce over trout and serve. Makes 2 servings. *Preparation time: 35 minutes. Cooking time: 40 minutes.*

To make 4 servings: Double all ingredients and divide between 2 pouches.

Smoked **Trout** *Salad*

2	whole smoked Ontario Trout, filleted and skinned	2
1½	cups sliced mushrooms	375 mL
1	head of leaf or Romaine lettuce, torn into bite-size pieces	1
1	small onion, thinly sliced	1
½	red pepper, thinly sliced	½
¼ cup	seasoned croutons	50 mL
Dressing:		
⅓ cup	vegetable oil	75 mL
2 tbsp	red wine vinegar	25 mL
½ tsp	salt	2 mL
¼ tsp	freshly ground pepper	1 mL
¼ tsp	dried basil	1 mL

In a small mixing bowl, combine dressing ingredients. Break fillets into bite-size chunks; add with mushrooms to the dressing. Stir to coat trout and mushrooms. Marinate in the refrigerator 30 minutes. Meanwhile, combine remaining salad ingredients in a separate bowl. When ready to serve, toss all ingredients and serve on salad plates. Makes 4 servings (½ cup/125 mL dressing). *Preparation time: 25 minutes. Chilling time: 30 minutes.*

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